

The Buddy guide (Växjö)

More than 1000 new international students begin studies at Linnaeus University every year. The students' origin from about eighty (80) countries and contribute to create a fantastic diverse environment at Linnaeus University. Main coordinators for the Buddy program (in Växjö) are Linnaeus Union (Linnékåren) but we collaborate with several student associations and committees.

What you gain from being a buddy:

- *A close encounter with a culture different than your own*
- *Learn new languages or practice the ones you already know*
- *An opportunity to create a new circle of friends and get new perspectives*
- *Become better prepared for your own studies/internship abroad*
- *The possibility to contribute to an improved integration at Linnaeus University*

Introduction to being a buddy

Incoming students in the Buddy program referred to as newbies appreciate the informal and personal contact the buddy can offer. The newbie can better appreciate the time away from home when a buddy may introduce them into the study environment, the local community and way of life. Studying in a foreign country means a big and sometimes difficult adjustment. A buddy can make it easier to meet new impressions. Being a buddy means helping a newbie to settle in a new and unfamiliar environment and make the newbie/s feel safe.

Newbies may stay at Linnaeus University anything from 4,5 months to 3 years. If it does not work out the first time, give it another go another semester! For each semester you want to become a buddy you must re-register. To become a buddy a fall semester, register in the spring and vice versa.

Not yet registered as a buddy?

Go to the [registration site](#) to register.

Choose city and then "I'm a buddy". Fill out the requested information. You may be asked to alter your choices/preferences so keep an eye on the email you used upon registering.

Upon registration you make several choices that will influence the possibility of being assigned a newbie of your preference. We will do our best to have your expectations met but keep in mind that we have limited knowledge about the registered participants.

Buddy introduction

As a first-time buddy there are often many questions. *Linnaeus Union* arranges buddy introductions on *Teams*, usually at the end of each semester. Introductions are held to help buddies become prepared to support their newbies in the best possible way. Buddies are invited to one of these introductions via email.

When will I be informed of the result?

Buddies and newbies are matched in two rounds each semester. You will receive the results in an email titled 'Information Buddy Program' sent in June/July and August for the fall semester, and in December and January for the spring. Afterwards, you will receive another email called 'Buddy Program Update' containing practical information.

Buddies get an email with the contact info to their newbie/s. The newbies receive the buddy's name, contact info, and a message from the buddy (that is optional when registering to become a buddy). If you do not receive any news from us, begin to look in your spam. Then contact us!

What happens next?

When you have received the contact info to your assigned newbie(s), email to introduce yourself. Consider what you would appreciate if you were the newbie. Find out what you have in common. Perhaps the newbie has questions about traveling to Växjö? What student associations to join? What are the best places for coffee and cake in town? Many students need help with searching for housing*.

*Linnaeus Union has a [housing agency](#) where private landlords may advertise, and pages with housing links and a [Housing guide](#) for international students.

Cultural differences

You will discover cultural differences between you and your newbie(s). Sometimes they are big, sometimes they are insignificant. In most cases you can overcome them. Discuss, ask, explain, and try to understand from each other's perspectives. The cultural differences may result in practical difficulties for the newbie. If you cannot answer, refer to the Student Coordinator at Linnaeus Union or to the International Office at Linnaeus University.

Once the newbie arrives

It is good to be available upon the newbie's arrival, but it is not mandatory. We do expect buddies to study on location and not exclusively on distance. Below follow suggestions on how to support your newbie; on location or by using Whatsapp or similar.

-Invite your newbie over for a "fika" or meet up at any of the campus cafes.

-Go with the newbie to the supermarket. Point out the differences between milk and yogurt etc.

Explain:

How to sign up for exams, getting memberships, tickets to parties and events

How to get a library card, manage copying, getting a router, buying a bus card etc.

How to seek medical care

-What is Academic quarter?

-How to act when visiting a Swede (for ex. we take off our shoes when invited to a friend's place)

-Explain pre-and after parties

Welcome to join the [Buddy group](#) where news will be posted along with suggestions of events. Buddies can also post questions and help each other in the group.

Activities and events

ESN Växjö usually organizes introduction events, as well as events throughout the semester, for both international and local students interested. Swedish students are most welcome to join ESN! Interested in getting involved? Join the ESN Växjö board or one of the committees. Read more [here](#) or visit ESN Växjö on Instagram: [esn_vaxjo](#)

Linnaeus Union arranges events too, both member exclusive events and events open to all students: The welcome fairs are open to all students, while the members' coffee is exclusive for members. Read more on Instagram: [linnekaren.vaxjo](#) or go to [Hem - Linnékåren \(linnek.se\)](#)
[Linnaeus Union on Instagram](#)

Do you have more specific questions about the Buddy program? [Contact us](#) with your questions.



“Tillsammans med dig skapar vi
förändring och möjligheter”

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